



IES Grant
#R324A160086

Universal strategy Quality Time



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Quality time is a time dedicated to having fun and building a positive relationship with your child. Intentionally planning quality time into your day can increase positive interactions between you and your child, making the hard parts of the day a little more manageable.

MAKING THE TIME



Try to set aside at least **15 minutes a day for quality time with your child**

Start small (2-3 min) and gradually build up to what your schedule allows.

And remember: quality over quantity!

KEYS TO HIGH-QUALITY TIME



Child-led



Play-based



Free from directions and distractions



INSTEAD OF:

Telling your child how to play

Choosing an activity for you and your child

Asking your child questions about their play (ex: "Are you driving the car?")

Giving critical feedback (ex: "That isn't how you play with blocks")

This time being stressful



Letting your child tell or show you how to play

Giving your child a choice of activities

Commenting on their play (ex: "You're driving the car!")

Giving positive descriptive feedback (ex: "You are being so creative with the blocks!")

Enjoying the time with your child without expectations



For more information on how to support your child's social emotional development, click [here](#).

